

FAQs

HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from the Sr Rec Center is available M-W-F for Wylie Residents.

Just see the front desk staff at the Sr Rec Center to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Sr Rec Center staff person. Refer to p. 45 of the Activity Menu for more information on Sr Rec Center Refunds.

Sr Rec Center ID

Sr Rec Center IDs are available at no charge for ages 55 + at the Senior Recreation Center. Gain access to Open Play activities and Fitness Area. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

HOURS & LOCATION

800 Thomas Street - 100
972-442-8119

MONDAY - FRIDAY

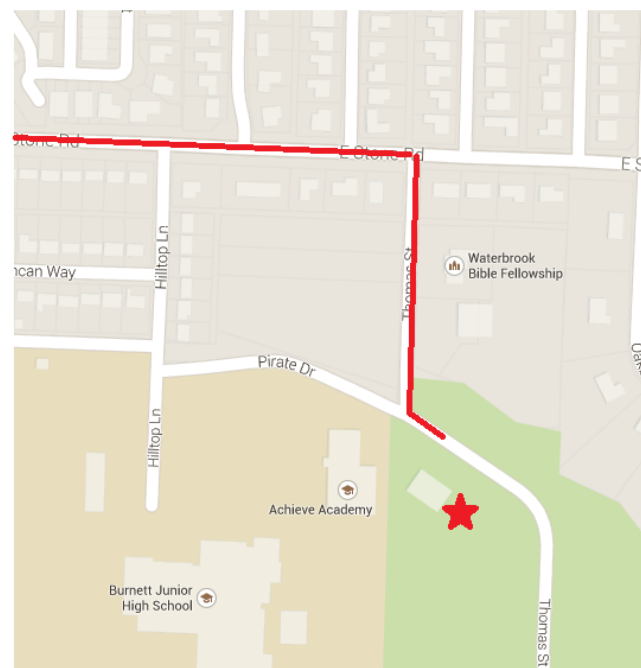
8 am - 4 pm

SATURDAY

9 am - 3 pm

SUNDAY

1 - 5 pm



Sr Rec Center

800 THOMAS - 100 | 972-442-8119 | Recreation@WylieTexas.gov

SPECIAL EVENTS

Coffee Talk

Talk over your recreation ideas, wants, and needs with peers. Lending your voice created programs like YANA - (You are Not Alone), Gold Card events, and new trips. Gain inside information on upcoming events and influence programming. Share ideas, brainstorm, and ask questions. You provide the input, and we provide the snacks.

Senior Recreation Center

Ages: 55 Yrs +

5530 W 12/2 12:30 - 1:30 PM FREE

Dinner Double Feature

Sit back, relax, and enjoy the show! Watch a double feature on the big screen. Movie selections include favorite flicks from the past and present-day remakes. Dinner and dessert served throughout the show for a hassle-free meal and movie going experience.

Senior Recreation Center

Ages: 55 Yrs +

A Christmas Carol

5538 Sa 12/12 4:30 - 9 PM \$5

Pancake Breakfast

Flapjacks, sausage, and syrup! Fill your plate with hot, fresh, and delicious pancakes and more provided in part by Garnet Hill Rehabilitation and Skilled Care. Stick around for daily games and activities. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

5546 F 12/18 9:30 - 10:30 AM FREE

Christmas Party

Lunch catered by Olive Garden, live entertainment, door prizes and lots of chances to win raffled gifts at the Senior Center! Merry Christmas and special thanks to our friends Joe and Joyce McGaughey for providing a great Holiday party year after year. Please register with staff by Dec 18.

Senior Recreation Center

Ages: 55 Yrs +

5645 M 12/21 11 AM - 1:30 PM FREE

DECEMBER 2015

DECEMBER 2015

SPECIAL EVENTS

The Reelers

Calling all movie buffs! Meet with fellow movie lovers to enjoy cult classics, modern day masterpieces, and black and white favorites at the center. Grab a bag of complimentary popcorn while you watch, and break for a slice of pizza at lunch.

Senior Recreation Center

Ages: 55 Yrs +

Out of Africa / Life of Pi

5689 Tu 12/1 10 AM - 3 PM FREE

It's a Wonderful Life / Miracle on 34th Street

5690 Tu 12/15 10 AM - 3 PM FREE

Cornerstone Preschool Performance

Fa-la-la, Joy to the world, and peace to all. Sing along with Cornerstone Private School's Pre-K group as they carol, and delight in hand made holiday cards the kiddos have made especially for you.

Senior Recreation Center

Ages: 55 Yrs +

F 12/11 10:45 AM FREE

New Years Eve Movie Watching Party

Out with the old, in with the new! Ring in the new year with friends, popcorn, pizza, and new years themed flicks. Break for an 11:59 AM New Years Eve countdown complete with apple cider toast!

Senior Recreation Center

Ages: 55 Yrs +

While You Were Sleeping / New Years Eve

6259 Th 12/31 10 AM - 2:30 PM FREE

SENIOR SERVICES

MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr Center. Call or sign up with Sr Rec Center staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See Sr Rec Center front desk staff for registration forms and monthly menu.

Senior Recreation Center

Ages: 60 Yrs +

WISD Gold Card Program

Join the Wylie Independent School District's Gold Card program and get admitted free of charge to Wylie ISD home athletic events and reduced ticket prices for most activities sponsored by the school district! Senior Rec Center bus will be providing transportation to select events throughout the year.

Senior Recreation Center

Ages: 65 Yrs +

See Sr Rec Center front desk staff for registration forms.

North Central Texas Area Agency on Aging

The Area Agency on Aging has a new way to help you with health care, drug, food and utility costs. Staff at the Benefits Enrollment Center can submit applications for you if you meet the requirements for one or more of the following programs.

- Medicare Savings Programs (MSPs)
- Medicare Part D Extra Help (EH)
- SNAP food assistance
- LIHEAP/CEAP utility assistance
- SSI/Medicaid
- Programs for prescription help, tax relief or respite care

You may qualify if you have limited income and you are on Medicare or have a disability.

There is no cost to apply. Call at 1-800-272-3921, ext. 7364 or 7687, or email at benefits@nctcog.org.

Chair Yoga

Namasté! Get Fit Where You Sit, DVD video series focuses on physical and mental fitness with the aid of a chair. Step-by-step instruction combines low impact cardio, resistance training, and stretching with mind-body techniques that promote active mindfulness and meditation.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Risteen, Cindy

5749 W 12/2 - 12/30 1:30 - 2:15 PM FREE

Zumba Gold

Join the party and be a part of the Zumba craze! This aerobic fitness program with a Latin flare fits your needs. Learn the basic steps of samba, salsa, merengue, and mambo set to upbeat Latin rhythms. Move to the beat at a comfortable speed, or modify the intensity of your workout with the use of a chair.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5583 Sa 12/5 9:30 - 10:15 AM FREE
Sa 12/12 9:30 - 10:15 AM FREE
Sa 12/19 9:30 - 10:15 AM FREE

Senior Wellness Series

Stay informed about health and safety topics that affect you or a loved one. Presentations include informative sessions, resources for further study, and question and answer opportunities.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

Influenza (Flu)

5759 W 12/9 10 - 11 AM FREE

AWESOME EXPERTS

JOYCE MCGAUGHEY teaches fitness classes at the Senior Recreation Center. She is a senior herself and has been volunteering her time since 2011 to make this program the success it is. Her class has grown exponentially since its early days due to her motivation and determination to help her peers be fit and live a healthy life.

SHERRY PANNELL has been attending Latin Aerobics classes since January 2010. By 2012, the Zumba phenomenon caught fire and she became hooked. In 2013, Sherry received her Zumba Basic and Zumba Gold certifications. A senior herself, Sherry is excited to share her love for Zumba with other seniors.

AMY CORTEZ offers a Senior Wellness Series. Amy holds a certification in Emergency Medical Response and works with the volunteer fire department in her community. She is a certified CPR instructor through the American Heart Association and has been a City of Wylie employee at the Senior Recreation Center since 2010.

CINDY RISTEEN teaches Chair Yoga. She has been part of the Senior Rec team since 2013 and firmly believes that maintaining a strong core is important to senior health. With the help of a DVD guided chair yoga program, Cindy leads and aids participants to improve their physical and mental health.

OPEN PLAY

Wii Bowling

This simulated bowling game is fun and easy to learn. Join the virtual league and sit or stand to bowl while practicing hand-eye coordination and balance.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

MWF 12 - 3 PM FREE
Sa 9 AM - 3 PM FREE
Su 1 - 5 PM FREE

Triple Threat

Blackjack, Poker, and Texas Hold `Em at the Center. Try your luck with the house dealer. Friendly wagers, antes and double downs are played for bragging rights at the Sr Rec Center.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

M 12/7 - 12/28 10 AM - 12 PM FREE

Bunco

Play the original game of dice! Grab a partner and let the Sr Rec Center host a morning of bunco with, refreshments, snacks, and prizes for the highest score, lowest score, and most buncos in a game.

Ages: 55 Yrs +

Instructor: Kruse, Matthew

5847 Tu 12/8 8:30 - 11:30 AM FREE
5848 Tu 12/29 8:30 - 11:30 AM FREE

Open Crafts

Bring a current project from home or start a new one! Stimulate your creativity and exercise fine motor skills with friends. Limited supplies will be provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

Tu 9 AM - 2 PM FREE

HAND & FOOT, Dominos, MAHJONG, FARKLE, Bingo, Ping Pong...

THE ARTS

Creative Confections

Treat yourself to the sweetest projects! Join in for a yummy and simple spin on cakes, candies, and cookies, and discover a world of confectionary delight. Use items found in most home kitchens to transform ordinary sweets and treats into edible treasures. Baking supplies and ingredients provided!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

Gingerbread Houses

5808	M	12/14	12:30 - 2 PM	FREE
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Homemade Hot Cocoa

5813	M	12/28	12:30 - 2 PM	FREE
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Decoupage

Master the art of decoupage. Transform any ordinary object into a custom design with simple steps and instant results. By combining paper, paint, and pictures tailor almost any object to reflect your personality, or match your home décor.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5535	Th	12/3 - 12/17	1 - 3 PM	FREE
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Ikebana

Practice the ancient Japanese art of flower arranging. Study the origin, and concepts to emphasize shape, line, form, and harmony. Assemble simple blooms, and foliage to create a unique display to take home, or share with friends.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Britt, Tracey

5720	Tu	12/1	10 - 11:30 AM	FREE
5815	Tu	12/22	10 - 11:30 AM	FREE

Senior Craft Corner

Get crafty! Create one-of-a-kind treasures to keep or share with your friends. Quick and easy projects include something for everyone. Learn a new skill or show off an old one in a friendly environment with fellow crafters.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Hollien, Jennifer

Christmas Plate

5556	W	12/2	1 - 2 PM	FREE
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Ornament Tree

5557	W	12/9	12:30 - 1:30 PM	FREE
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Burlap Bulb Garland

5558	W	12/16	12:30 - 1:30 PM	FREE
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Ribbon Ornament

5559	W	12/23	12:30 - 1:30 PM	FREE
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HEALTH & FITNESS

Group Exercise

Fit and fun low-impact exercise adapted to fit the needs of those with disabilities, poor balance, or have trouble standing on the floor to exercise. Instructor uses a variety of techniques such as resistance bands, arm weights, and chair exercise to keep you on your toes and feeling great!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

5543	M W F	12/2 - 12/30	9:45 - 10:30 AM	FREE
NO CLASS 12/7, 12/18, & 12/21				

Senior Round Up Line Dance

Learn to boot-scootin-boogie with friends. Line dancing improves balance, memory, and cardio stamina. Learn the basic steps of traditional line dances and country couple dance. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5560	Sa	12/5	10 AM - 12 PM	FREE
5564	Sa	12/19	10 AM - 12 PM	FREE

Walk & Talk

Walk your way to better health! Commit to group and personal goals and jump-start healthy habits. Enjoy the company, fresh air, and park setting. Let us help chart your walking progress.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5643	M W F	12/2 - 12/30	8 - 8:30 AM	FREE
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Sr Rec Fitness Area

Stay healthy and fit in a safe, clean and accessible environment! Wylie Sr Rec offers your choice of tread mills (2), recumbent bikes (2), elliptical machine, and various hand weights to keep your exercise routine exciting. Watch your local news or favorite shows on the fitness TV while you work out. Pick up literature featuring nutritional guidelines and healthy living tips. If an indoor workout is not for you take a stroll at Wylie’s Community Park located outside the Sr Rec Center. Fitness area is available during business hours.

TRIPS LET'S GO!

Senior Chow Critics

Everyone’s a critic! Hunt for the best burger, perfect pepperoni pizza, and excellent egg fooyung around while exploring local metro eateries both new and well established. This great social outing for fellow foodies and friends leaves you stuffed and satisfied! Bring money for lunch. Stop for desert at Yogurt Cup.

Ages: 55 Yrs +

Abuelo's

5551	Th	12/3	11 AM - 2 PM	FREE
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Romance in D

Break away from the usual Christmas fare to enjoy this heartwarming play guaranteed to laugh away any holiday doldrums. *Romance in D* covers two holiday traditions, Hanukkah and Christmas, two apartments, two romances, and twice the fun! Bring money for lunch at Jason’s Deli.

Ages: 55 Yrs +

5587	Th	12/10	10:30 AM - 5 PM	\$15
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The 12 Days of Christmas

Experience this one-of-a-kind holiday exhibition at the Dallas Arboretum. Twelve elaborate Victorian-inspired gazebos showcase mechanical parts and festive music that bring the holiday characters to life. Enjoy the .75-mile walk through the garden, and explore these handcrafted gazebos spread across a winter wonderland. Bring money for lunch at Highland Park Cafeteria.

Ages: 55 Yrs +

5644	Th	12/17	10:30 AM - 3:30 PM	\$15
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Christmas Caroling Trip

Spread holiday cheer at Wylie’s local senior living facilities, and share music and fellowship with new and old friends. After caroling enjoy Taco Tuesday specials at Rosa’s. Bring money for lunch.

Senior Recreation Center

Ages: 55 Yrs +

6260	Tu	12/22	10:30 AM - 1 PM	FREE
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Christmas At Coventry

Give a gift with a story! Coventry is a day program that provides life enrichment opportunities for adults with special needs. Attend the Christmas Open House for a chance to purchase the hand crafted pottery and Christmas ornaments that help fund the nonprofit program. Bring money for dinner at Taste of Home.

Senior Recreation Center

Ages: 55 Yrs +

6261	F	12/4	4:30 - 8:30 PM	FREE
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QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION CENTER STAFF,
RECREATION@WYLIETEXAS.GOV
OR 972-442-8119
REGISTER PER PERSON, BRING AT LEAST \$12 FOR LUNCH.

Simple Spanish

Study basic Spanish with friends! Learn correct pronunciation and meaning of everyday words used in the Spanish language. Instruction includes simple conversational Spanish with the group in an interactive classroom setting.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Ruiz, Erica	
5569	Sa 12/5 - 12/19 9:30 - 11 AM FREE

Stitch-n-Smile

Happiness is just a needle and thread away! Develop your cross-stitch, knitting, and crochet skills while improving dexterity, memory, and concentration. Work on projects with friends, share tips, trade patterns, and relax! Bring your projects and supplies, limited supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie	
5744	Tu 12/1 - 12/29 1 - 3 PM FREE

Woodcarving

Transform a plain block of wood into art. Unleash your imagination and creative potential as you unwind, relax, and make friends. Learn proper use of tools, easy to follow techniques, and important safety guidelines. You provide the creativity and we provide the supplies.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew	
5578	W 12/9 & 12/23 1 - 3 PM FREE

AWESOME EXPERTS

JULIE PANNELL offers Decoupage and Craft instruction. Since 2009, Julie has been a City of Wylie employee and specializes in Senior Citizen activities and programs. Art and Art education have become second nature as she earned her Bachelor of Arts and Performance at The University of Texas at Dallas in 2010.

MATT KRUSE offers Woodcarving instruction. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman. Matt is an experienced woodcrafter and can build anything from cabinetry to decorative figurines. Growing up on the family farm, Matt practiced his woodworking skills. He loves to teach others the trade.

ERICA RUIZ teaches Simple Spanish. She is an employee at the Senior Recreation Center and a current International Business student at the University of North Texas. She has worked with all age groups and enjoys socializing and teaching. Growing up Bilingual has taught her to utilize her talents and engage participants in creative and fun ways.

JENNIFER HOLLIEN offers craft instruction. As a mother, Jennifer enjoyed crafting with her children's vacation bible school and family birthday parties. She has helped the Senior Rec Center with holiday craft projects and decorating for parties and luncheons for many years. Jennifer is looking forward to helping others expand their creative expressions through Senior Craft Corner projects.



DECEMBER 2015

800 THOMAS - 100
972-442-8119
RECREATION@WYLIETEXAS.GOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 10 - 11:30 AM Ikebana 1 - 3 PM Stitch-n-Smile	2 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Coffee Talk 1 PM Craft Corner 1:30 PM Chair Yoga	3 8:00 AM Games 1 - 3 PM Decoupage 11:00 AM Senior Chow Critics	4 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO 4:30 PM Christmas @ Coventry	5 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
6	7 8:00 AM Games 10 AM - 12 PM Triple Threat	8 8:30 AM Bunco 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 1 - 3 PM Stitch-n-Smile	9 8:00 AM Games 9:45 AM EXERCISE 10:00 AM Senior Wellness Series 12:30 PM Craft Corner 1 PM Woodcarving 1:30 PM Chair Yoga	10 8:00 AM Games 10:30 AM Romance in D Matinee	11 8:00 AM Games 9:45 AM EXERCISE 10:45 AM Cornerstone Preschool Performance 12:30 PM BINGO	12 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30 - 11 AM Simple Spanish 10 AM - 12 PM Ping Pong 4:30 PM Dinner Double Feature
13	14 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	15 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	16 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Craft Corner 1:30 PM Chair Yoga	17 8:00 AM Games 1 - 3 PM Decoupage 10:30 AM Twelve Days of Christmas	18 8:00 AM Games 9:30 AM Pancake Breakfast 12:30 PM BINGO	19 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30 - 11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
20	21 8:00 AM Games 11:00 AM Christmas Party	22 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 10:00 AM Caroling Trip 10 - 11:30 AM Ikebana 1 - 3 PM Stitch-n-Smile	23 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Craft Corner 1 PM Woodcarving 1:30 PM Chair Yoga	24 CLOSED	25 CLOSED Merry Christmas	26 9 AM - 3 PM Wii Bowling 10 AM - 12 PM Ping Pong
27	28 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	29 8:30 AM Bunco 9 AM - 2 PM Open Crafts 1 - 3 PM Stitch-n-Smile	30 8:00 AM Games 9:45 AM EXERCISE 1:30 PM Chair Yoga	31 8:00 AM Games 10:00 AM New Year's Eve Movie Watching Party	HOURS OF OPERATION Monday - Friday 8 AM - 4 PM Saturday 9 AM - 3 PM Sunday 1 PM - 5 PM	

Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.